

## Spiriva Handihaler® Inhaler

### About Your Medicine

Spiriva® is a medicine used to treat asthma or chronic obstructive pulmonary disease (COPD). It helps you to breathe easier by opening the airways. Because each dose lasts for 24 hours, you only need to take it once each day.

People who use Spiriva Handihaler® may still need to use other medicine(s) to help their breathing. Spiriva Handihaler® contains 18mcg of the medicine in each capsule. The capsule is not swallowed. Instead, the dry powder in the capsule is inhaled using a special device called the HandiHaler. No other medicine should be placed in the HandiHaler. These capsules should only be given with the HandiHaler.

### Side effects to report to your doctor right away

- Trouble breathing or breathing is getting worse
- Skin rash
- Rapid heart rate

### Common Side Effects

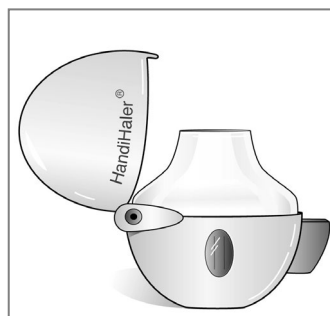
- Dry mouth
- Constipation
- Blurred vision
- Increased heart rate
- Trouble urinating
- Glaucoma
- Respiratory tract infection
- Sinusitis

### How long do I have to use Spiriva®?

Before starting this treatment, your doctor will want to know about your lung function using breathing tests called PFTs. This will help your doctor compare how well you are doing before and after the treatment. This test will help your doctor decide if you should stay on the medicine. If you are doing better on the treatment than you were without it, the doctor will want you to stay on it. People who do well will often keep using it daily. If you stop using it, the benefit of the drug will begin to go away within one day and be all gone within one week.

### The HandiHaler Inhaler

- Dust cap
- Mouthpiece
- Base
- Piercing button
- Center chamber



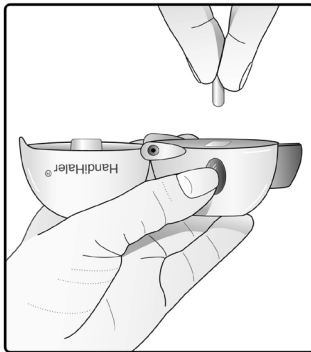
### How to Use Your Spiriva® HandiHaler

1. Before starting the treatment, wash your hands with soap and warm water to reduce the risk of infection. You can also use anti-bacterial hand gel.
2. Pull open the dust cap and mouthpiece of the HandiHaler by pulling it upwards. Then open the mouthpiece.

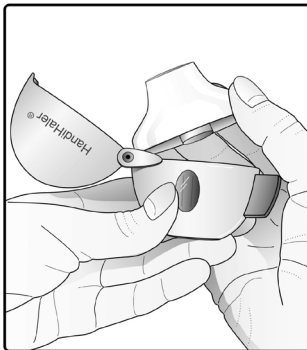
3. Open the blister cavity by peeling back the aluminum foil. Do not peel the foil back to expose more than one capsule per day. The capsule should be removed from the blister pack just before using it. Remove the capsule from the blister pack.



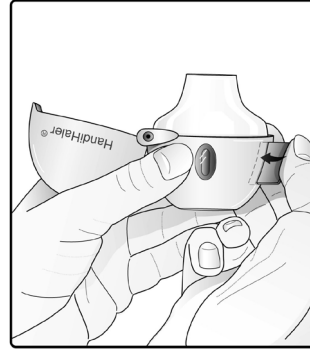
4. Place the capsule in the center of the chamber.



5. Close the mouthpiece firmly until you hear it click.

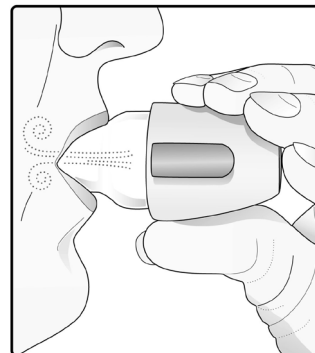


6. Hold the HandiHaler device with the mouthpiece pointed upright and press the green piercing button on the side in all the way. This button makes holes in the capsule and allows the medicine to be released when you breathe in.



7. Breathe out all the way. Please do not blow out into the HandiHaler because it may clog it.

8. Raise the HandiHaler to your mouth and close your lips tightly around the mouthpiece. Keep your head up and breathe in slowly until your lungs feel full. You should hear the capsule vibrate when you are breathing in. Once your lungs are full, you should hold your breath as long as you can.



9. Remove the HandiHaler from your mouth and resume normal breathing.

10. Repeat steps 7-9 to be sure that you breathe in all the medicine.
11. Open the mouthpiece, tip out the capsule, and toss it in the trash.
12. Close the HandiHaler and store it with your capsules.
13. Take a Spiriva<sup>®</sup> dose each morning for best results.

### **Cleaning the HandiHaler**

The HandiHaler should not need to be cleaned with normal use. You will receive a new device monthly. If you do need to clean the HandiHaler, follow these steps.

1. Open the dust cap, mouthpiece, and base.
2. Rinse all parts with warm water. Do not use soap or cleaners, or place in the dishwasher.
3. Shake out excess water. Let the HandiHaler dry on a clean paper towel for 24 hours.

### **Tips**

- Do not exhale or blow into the HandiHaler.
- Do not swallow Spiriva<sup>®</sup> capsules.
- Do not store unused capsules in the HandiHaler.
- Do not get Spiriva<sup>®</sup> powder in your eyes.
- Store Spiriva<sup>®</sup> capsules at room temperature. Keep away from extreme heat or moisture.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©1/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6135